

Harper Center Bulletin

Harper Center
Bulletin #190

November 1st,
2010

The Williamstown Council on Aging rules from world Headquarters in the Harper Center at 118 Church Street in town. We're open for business from Monday through Friday from 8:00 a.m. to 4:00 p.m. and Sunday at 11 for lunch. You can call us at 458-8250, fax to 458-5156 or email; bogrady@williamstown.net

We've been providing quality services, information, referral and advocacy to Williamstown elders since 1966!

Inside this issue:

Alzheimer's	2
Brown Bag	2
Turkeys	2
Richard Clark	3
Holiday Crafts	3
Healthy eats	3
Page 4 news	4

November 2010 Newsletter

We have arrived in November and as this is written, the weather is still pretty decent. It's hard to reconcile warm weather with the mental image of Pilgrims struggling thru cold but what the heck. Our active memory of history is frequently colored by after the fact accounts of people who were not there-did you know that the Pilgrims actually favored colorful clothing and not the black, drab stuff illustrations would have us believe? See? You know what I mean...the weather? Who believes in global warming-raise your hands!

Ok, that aside, Tuesday the 2nd is an important day and in case you don't know what I'm talking about, shame on you! It's Election Day and there are lots of important issues which need addressing, so get out and vote! I have heard people say that the election will be decided by the big population centers in the East but that's just foolish. There are local offices to be attended to and the big tax questions-number one and three, and of course, number two on housing, which need careful consideration. There have been lots of close votes in the recent past, issues both good and bad which won or lost by small margins. What if we, out here in the woods, decided not to vote? Egad! Get out there and make your voice heard!



Garden Club Green Workshop

The Garden Club of Williamstown will be in the house on the afternoon of Monday November 29th at 1:00 to demonstrate the great art of creating fresh holiday decorations. It's an opportunity to make a literally fresh decoration for home and hearth; past participants have walked out of here with really beautiful home enhancing stuff so stop by! All are welcome!

Alzheimer's

We all know someone who has been ravaged by this obscene disease. How many friends and acquaintances have we lost thru this and how many stressed out caregivers do we know? Too many...

November is a month when we typically remember the victims of this disease, both the caregivers and their loved ones, in one way or another. Take a moment to think about this and those who have touched your lives with this horror...

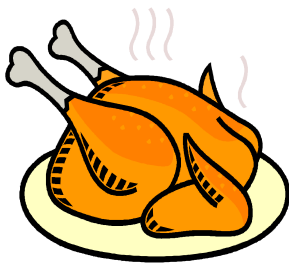
On Tuesday November 16th, Beth Hinkley Mougin, a social worker who specializes in Alzheimer's disease and knows about recent treatment alternatives, as well as the types of supports available to victims and family/friends will address the topic here at the Harper Center at 12:30. We'll have pizza first, at noon, sign up-you know where.

Brown Bag is a
program
administered by
the Food Bank
of Western
Massachusetts.

Brown Bag change of date for November!

I have discovered that change is not a good thing when we talk about the Brown Bag program-seems as though everyone thinks that the changes are always my fault and yell at me. [Yes, I am talking about you] Anyway, this month, Brown Bag will be moving to Monday, November 29th-the week following Thanksgiving. The holiday made the move necessary and we're sorry if this is an inconvenience for anyone. For those of you who find Brown Bag to be unfamiliar as an idea, it is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Call us at 458-8250 and we'll help you with the process!

Thanksgiving Turkeys



It's Turkey time and once again Diane Bleau and her fabulous volunteers from St. John's Church in North Adams will be delivering a home cooked meal to Northern Berkshire residents. The target group are people 55 and older who have no other means of getting a meal for Thanksgiving. If your interested in receiving a meal, call St. Johns between 1:30 and 5:30 Monday through Friday at 664-9656 and let them know that you're interested. Additionally, civic minded folks interested in volunteering to help should call and ask for Diane-I'm sure that she'll be happy to hear from you!

Richard Clark–November 12 at 10:30

Ready for an early morning treat? On Friday morning, November 12, Richard Clark will be returning to the Harper Center to offer what promises to be another memorable appearance in Williamstown. We all know Richard—he has been here and was perfect in the roles of “Shakespeare”, “Mark Twain” and with his colleague Dianne Giammarco, “Love Letters” for us. This time around he’ll be performing “Atticus”, an adaptation based upon Harper Lee’s great tale “To Kill a Mockingbird” and as usual, it will be memorable. Richard, of course, is a superb veteran actor with many credits to his name including major roles on television and in New York theatre. He’s a joy to watch and we’re so thrilled to have him back here once again. I can’t wait!

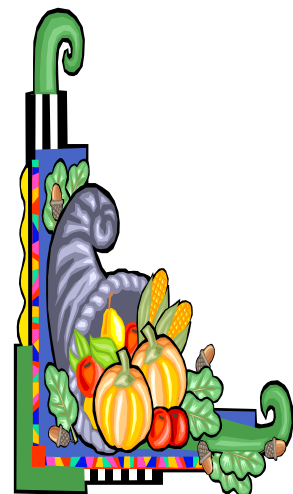


Christmas crafting

OK crafters, here we go with another effort in the “you asked for it” class. At 1:00 on Thursday November 4th Kim, Kay and a host of others will begin the “Christmas Angels” project. The idea is to make angel decorations which the new crafts group will be donating to the Santa Fund to be used as decorations for children's Christmas gifts. Remember when we used to create gifts and donate them on a regular basis? It was a good, fun tradition. Here’s an opportunity to re-kindle a generous tradition of crafting for others and to possibly relight the crafting flame here. All are welcome, call Kim Bissaillon here at Harper for details, 458-8250.

Healthy Holiday Eating

Yeah, the holidays bring a degree of eating with them which is unsurpassed by anything. Seems as though the period from Thanksgiving thru Hanukkah, Christmas and New Years really brings the threat of fattening foods which have the added bonus of being relatively unhealthy too. We all know this. Our friend Kristen from NARH will be back here on Thursday afternoon, November 21st to offer alternatives to the holiday food threat, and we’ll do our best to provide a sampling of “healthy” holiday snacks—not the usual folks...so stop by! Kristin comes here courtesy of REACH thru our friend Jennifer’s New Horizons grant.



**Williamstown Council on
Aging**

**The Harper Center
118 Church Street
Williamstown
Massachusetts, 01267**

**Phone: 413-458-8250
Fax: 413-458-5156
E-mail:
bogrady@williamstown.net**

**We're on the web!
www.williamstown.net**

We have had several successful walking programs here in Williamstown during the past decade,. Remember the “Walk with Me” program, and then the “Spring Tune-ups” with REACH? Yeah, we even won one of those couple years ago despite poor pedometers, remember? Yeah, well, we’re at it again, though not with an organization, just ourselves for fun and health. Other communities have walking groups and why not us? We’ll try anyway. Beginning in November, we’ll be walking at noon until about one at the Williams College Field House on Meacham Street, inside folks, inside. Kathy will be able to bring some of us to the building and then pick up; it might give her an opportunity to get off the road for a bit – we’ll be there on Mondays and Fridays. Interested people are asked to contact Kim or Brian here at Harper for details. While we will have some van availability, we hope that there will be people who are able to drive there on their own, and maybe bring others. We hope that by the time the Spring comes, we’ll be able to follow several pre-mapped routes around the neighborhood. Something to work towards, eh?

Page Four News and Notes



Foot Care specialist Kip Moeller will be here twice in November, first on Tuesday the 16th, and then again on the 23rd. Needless to say, she’s booked for the month and December as well, she is accepting appointments for January 2011 as this is written...wow. If you need attention for those feet, don’t delay-available slots fill quickly!!!

The monthly Blood Pressure Clinic, hosted by our friends at Premier Health Care will be on here Tuesday November 9th at noon. Remember that date, those are important numbers to know, right?

Our SHINE Counselor, Peg Jenks will be in the house on Wednesday morning November 17th at 10:30 to help anyone with questions about their health care. She’s also available for individual consults by calling us here at the Harper Center-458-8250-we’ll make arrangements for you to meet her!

Finally, as we approach the holiday season, we hope you all are happy and healthy and remember-we’re always here if you need us! Happy Thanksgiving!!!